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**High time for  
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 Arkells among Juno  
 Award winners **PAGE 9**

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# Slice of life at food class

**Health.** Food Matters Manitoba brings awareness to the work that goes into putting meals on our plates


**SHANE  
 GIBSON**
shane.gibson@metronews.ca

Winnipeggers wondering just where pork chops come from literally got to the meat of the matter at a Food Matters Manitoba event this weekend.

Roughly a dozen curious urbanites learned how to butcher a pig Saturday at an event held to raise money for the non-profit healthy-food advocacy group and bring awareness to the work that goes into getting the food we eat to our plates.

"People are really starting to ask those kinds of questions," said Food Matters Manitoba's communication co-ordinator, Carolyn Townend.

"We're hoping that having the actual hands-on experience of doing the butchering will be pretty interesting and exciting for those who take part."

After watching experienced

butchers from Spring Creek Farm carve up half a hog, participants rolled up their sleeves and took a stab at the process themselves.

"It was really cool; the farmers from Spring Creek were really knowledgeable and did a great job of explaining how they raise pigs and how they go from farm to the table," said Daniel Billinkoff, a 30-year-old freelance copywriter.

"I don't see myself necessarily sawing a whole pig again but I do like the idea of being able to buy larger cuts of meat direct from a farmer or butcher and being able to deal with it myself."

Those who paid the \$220 entry fee also learned how to make sausages and left with about 10 pounds of locally produced, pasture-raised pork.

The aptly named Pork Chop for a Cause event is the first in a series of similar fundraising demonstrations Food Matters Manitoba has planned, which they're calling Food Reunion.

The next event in April will see participants tour two farms just outside the city.

For more information, go to [foodmattersmanitoba.ca](http://foodmattersmanitoba.ca).



Kevin Mitchell makes his first attempt at butchering a hog. SHANNON VANRAES/FOR METRO

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- 2009 BSc, Physical Geography/  
Environmental Studies, UWinnipeg
- 2010 Full-time Project Management,  
UWinnipeg PACE
- 2011 Project Manager,  
SNC Lavalin
- 2014 Resource Manager,  
Deloitte Canada



#### **STEPHANIE LEUNG**

- 2006 BA, Business Administration,  
UWinnipeg
- 2007 Full-time Human Resource  
Management, UWinnipeg PACE
- 2008 Human Resource Consultant,  
Dasch Inc.
- 2014 Human Resource Advisor,  
Price Industries





# Pallister seeks review of NDP leadership vote

**Politics.** Allegations of a deal between the premier's team and a union has PC leader questioning results

## Quoted

**"The NDP has an opportunity here to set the record straight."**

Progressive Conservative leader  
Brian Pallister

Manitoba's Opposition leader wants the governing New Democrats to review the leadership vote that Premier Greg Selinger won.

Progressive Conservative Leader Brian Pallister says accusations that Selinger's team struck a deal with a firefighters union call the results into question.

Pallister also says some delegates to the convention last weekend had their fees covered by the candidates.

He suggests that may have been an unfair inducement to get votes.

Pallister says officials at NDP headquarters should review complaints and determine whether the vote was fair.

Selinger eked out a second-ballot victory over second-place finisher Theresa Oswald

by winning 51 per cent of the vote.

Some paramedics have said Selinger secured important votes from the firefighters union by promising to help them in a dispute with paramedics. Both Selinger's team and the firefighters union deny any deal was made.

Pallister admits that, as an outsider, his call for a review may not hold much sway with New Democrats but he believes the air must be cleared.

"The NDP has an opportunity here to set the record straight," Pallister said Friday.

"If it believes the process was perfect — and it decides to say that — that's the decision it has to take. But the concerns I'm hearing from Manitobans ... are very real."

THE CANADIAN PRESS



Progressive Conservative Leader Brian Pallister speaks to media on Friday. He called for a review of the recent NDP leadership vote. SHANE GIBSON/METRO

## Group calls highway crossing 'no-brainer'

The Winnipeg Trails Association says a proposed crossing of the Perimeter Highway near Highway 59, which has irked a local councillor, is a "no-brainer."

"Trails mean healthy, connected communities. Anyone who has ever seen the North East Pioneer's Greenway knows

just how popular it is; people of all ages are flocking to it, and anyone can see it," said association co-ordinator Anders Swanson in an email interview with Metro. "It's a no-brainer."

Swanson was responding to a press conference Coun. Jeff Browaty held Wednesday to denounce a "plan to build a more

expensive bike/pedestrian/vehicular tunnel" at Raleigh Street on either side of the Perimeter.

"This isn't East St. Paul versus the City of Winnipeg. This is just a poorly conceived idea by the Province of Manitoba," said Browaty, adding that he's getting "overwhelming sup-

port" from his constituents for his stance.

Rachel Morgan, press secretary to cabinet for the Government of Manitoba, said Wednesday that the tunnel is their fulfilment of a "promise to provide an active transportation corridor from Winnipeg to Birds Hill."

Morgan said the tunnel, which would be strictly for emergency vehicles, cyclists and pedestrians, is a better alternative to having "to pedal, rollerblade or walk to a bridge that would conceivably be nine metres in the air to accommodate the heavy trucks."

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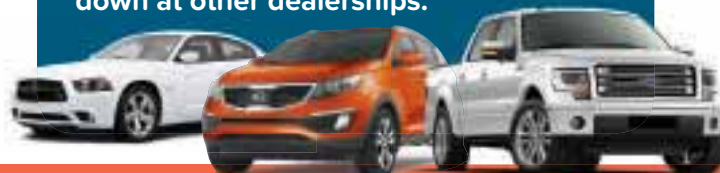
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1 NEWS



NorWest Co-op Community Food Centre volunteer Sharon Czuba was all smiles as she helped prepare the first free lunch for residents of the Inkster neighbourhood at the centre's grand opening Friday morning. SHANE GIBSON/METRO

# New centre aims to spur healthy eating

**Food.** NorWest Co-op offers free meals and education to help keep Winnipeg focused on proper nutrition

## Quoted

**"Everyone's welcome to walk through the door; if you need a healthy meal, come on in."**

Kristina McMillan, director of the NorWest Co-op Community Food Centre



**SHANE GIBSON**

shane.gibson@metronews.ca

Winnipeg's first community food centre — just the fifth in Canada — opened its kitchen to the residents of the Inkster neighbourhood Friday.

The NorWest Co-op Community Food Centre offers free healthy lunches three days a week and runs a number of programs intended to increase access to healthy food and encourage healthy eating habits.

"Everyone's welcome to walk through the door; if you need a healthy meal, come on in," said director Kristina McMillan at a grand opening

ceremony held at the Tyndall Avenue centre Friday morning. "Our goal is to make it as easy as possible for people to eat healthy."

The centre runs 14 free programs, including a cooking class for men, a cooking group for people living with diabetes and a smoothie drop-in group for kids that features bicycle-powered blenders.

The 4,000-square-foot centre also has community gardens, an outdoor pizza oven and space for residents to gather.

The idea is part of a movement growing in Ontario and came together through a partnership with Community Food Centre Canada (CFCC), a group working to spread the

concept to cities across the country.

"(We) build community centres that are based on this idea that food is about health, it's about justice, it's about prevention and it's about growing, cooking and sharing," said CFCC president and CEO Nick Saul.

"Food is never just food... If you eat with others, you build relationships, you express love and through it you bring out different cultures."

"Over a good meal, you can build a better community."

NorWest Community Food Centre receives its core funding from the CFCC but is also funded through local government, private foundations and individual donors.



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A message from the Winnipeg Regional Health Authority, Manitoba Renal Program





Coun. Jenny Gerbasi said the city makes it easier for greenfield development as opposed to brownfield and infill housing, which is less costly over the long run. BERNICE PONTANILLA/METRO

# Brownfield strategy badly needed: Couns.

**Infill.** Public service still has no strategy, says Russ Wyatt



BERNICE PONTANILLA  
bernice.pontanilla@metronews.ca

Winnipeg needs a brownfield strategy stat to provide more lands for infill housing, a pair of councillors said Friday.

Coun. Russ Wyatt said he's frustrated that a plan for brownfields hasn't yet come forward from the public service — nearly a year after Wyatt tabled a motion asking for just such a strategy.

Brownfield is a term used for land in municipalities that sits idle due to having previously housed heavy industry.

"I met recently with the public service; they are working on it. The challenge is that they're pulling together the different departments," said Wyatt after Friday's special property and development meeting.

"The sooner they bring the brownfield strategy forward, the better. We're waiting for it; it's been a year now since we really called (for it)."

Coun. Jenny Gerbasi said a change in policy is needed because right now, the easiest and most profitable type of housing development is on "greenfields" such as agricultural land at the outskirts of the city.

Infill housing in established neighbourhoods or brownfield developments are being left by the wayside because they don't provide as good a profit margin, but Gerbasi feels this is detrimental to city coffers in the long run.

"Definitely brownfield is an opportunity; they're more difficult kinds of development 'cause sometimes you have to put in (to) make the land usable and invest in it," such as with remediation and drainage work, she said.

However, providing ongoing services to these sprawling suburbs becomes very expensive, added Gerbasi.

## Northwoods

### Transcona development approved

It took all of one minute for the property and development committee to approve a new Transcona housing development during a special meeting Friday morning.

The development, called Northwoods Neighbourhood, is located in an area bounded by Gunn and Hewitson roads and Redonda Street.

It would see 88 single-family lots over 29 acres in the first phase approved on Friday, with more phases possible in the future.

Coun. Russ Wyatt said this development has been three years in the making and took time because planning had to be worked out with the RM of Springfield.

# WINNIPEGGERS KILLING IT OUTSIDE WINNIPEG



WHAT'S GOOD  
Ace Burpee  
winnipeg@metronews.ca

## More to come

We've always had this notion that there are many creative and talented people in this town, and it seems the talent pool is far from drying up.

For whatever great reason, there is a whole crop of Winnipeggers who are on the verge of blowing up in their chosen line of work. Like, tons of them.

We've always had this notion that there are many creative and talented people in this town, and it seems the talent pool is far from drying up.

Here are three to watch right now:

1. Full credit goes to Access Winnipeg for first bringing this to my attention. The other day I was watching clips from the 2015 Brit Awards. One of the highlights of the show was a performance from Kanye West. He debuted a new single (Paul McCartney is on

the track as well) called All Day. The track also features Allan Kingdom.

I didn't know who he was at the time, but I do now: Kingdom is from here. Born in Winnipeg after his parents met at U of M, now he's on a track with Kanye and Sir Paul. Ridiculous. Check him out at allankindomforever.com.

2. This next one won't come as a surprise to some, but finally the rest of the country had to take notice if they hadn't already. The Bros. Landreth won a Juno this weekend for Roots Traditional Album of the Year. They are "your new favourite band." That quote comes

from me, and I stand by it. They are just fantastic.

3. One more. Brodie Scott. The Winnipeg-born, Charleswood-raised model, 19, is seriously big-time. He's walked for Versace, Tom Ford and Roberto Cavalli. And now ... Brodie is the face of the spring/summer Hugo Boss campaign. So when you're flipping through GQ, Details, whatever ... know that the dude in the Hugo Boss ad probably hung out at Charleswood Days.

More to come. Keep chasing those dreams, Winnipeg.

ACE BURPEE IS A WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

## Crime

### Two suspects in custody, one still at large after drug and weapons bust

Two men are in jail and one suspect remains at large following a major weapons and drug-trafficking investigation that targeted organized crime in Winnipeg.

Members of the Winnipeg Police Service and the RCMP assisted in the seven-month investigation known as Project DARE.

RCMP Supt. Len Delpino says the seizure of large quantities of drugs and guns has dealt the alleged crime

ring a major blow.

The drugs seized include cocaine, methamphetamine, ecstasy and marijuana. Six guns were also found, including three handguns and an assault rifle.

About \$100,000 in cash and a 2006 Lexus were also recovered. Police searched two houses in Winnipeg on Thursday. One suspect was arrested at Stony Mountain Institution. Zack Rorie Zarichney and Chris Steven Karalash, both 23, face numerous drug and weapons charges. Police are still looking for 32-year-old Suong Gueck Khau.

THE CANADIAN PRESS

## Labour

### Doctors to get one per cent increases for next four years

Manitoba and its doctors have agreed to a new contract that will give physicians a one per cent raise in each of four years. Dr. Robert Kippen of Doctors Manitoba says there will also be rate increases for doctors dealing with older patients with chronic disease. He says there has to be recognition for physicians who spend time with those who need it.

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## Politics. Senators' anxiety builds amid ongoing audit

Single phone calls, sandwiches eaten during committee meetings, postage stamps — the smallest details have come up for review in the auditor general's study of Senate expenses.

Senators of all political persuasions have been taken aback by the strength of the microscope fixed on their office, travel and living expenses, as well as claims submitted by staff.

It hasn't just been the types of questions that have ruffled feathers, but also the level of access afforded to auditor general Michael Ferguson's staff — some 40 auditors in any given month, his office said. They've been able to look at senators' emails and phone records.

For example, the auditor general's office has been cross-referencing daily expense claims with activities, to verify if the upper chamber really needed to pay for a lunch or whether one was served in a meeting or on a plane trip.

The angst has been building steadily in the Senate as the final report draws closer.

Some have decided to fork over the cash before the report comes out — \$185,677 was reimbursed to the public purse by unnamed individuals in the 2013-14 fiscal year alone, not including monies returned by embattled senators Mike Duffy, Pamela Wallin and Mac Harb.

### Senator reactions

Several senators spoke to The Canadian Press on the condition of anonymity.

- **Perceived inequality.** One senator complained about how individuals interviewed earlier in the process could be treated more harshly than those later on as the auditor general's staff becomes familiar with the workings of the upper chamber.

Many senators have complained bitterly that the auditor general's office has not shown a good understanding of what constitutes Senate business, and the daily work they do.

A source of anxiety focuses on the type of weekly travel senators do. How much time do they spend in their Parliament Hill office and why? What does normal travel look like in their home provinces?

But what of the political events they might have attended prior to that guideline being introduced? Much of this confusion will be hashed in the upcoming trial of Sen. Duffy, which involves charges linked to his travel and living expenses. **THE CANADIAN PRESS**

# Suspect says police not targets: Prosecutor

**Ferguson.** Authorities not sure they fully 'buy' idea that suspect was aiming at someone else

A 20-year-old charged Sunday with shooting two police officers watching over a demonstration outside the Ferguson Police Department attended a protest there earlier that night but told investigators he wasn't targeting the officers, officials said.

St. Louis County prosecutor Robert McCulloch said Jeffrey Williams told authorities he was firing at someone with whom he was in a dispute, not at the police officers.

"We're not sure we completely buy that part of it," McCulloch said, adding that there might have been other people in the vehicle with Williams.

Williams is charged with two counts of first-degree assault, one count of firing a weapon from a vehicle and three counts of armed criminal action. McCulloch said the investigation is ongoing.



The St. Louis County SWAT team prepares to search the attic of a house in Ferguson, Mo., last Thursday after the midnight shooting of two police officers. CHRISTIAN GOODEN/ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

The officers were shot early Thursday as a crowd began to break up after a late-night demonstration that unfolded after Ferguson police Chief Tom Jackson resigned in the wake of a

Justice Department report that found widespread racial bias in the police department.

"He was out there earlier that evening as part of the demonstration," McCulloch said

of Williams. Several activists who've been involved in the protests since the Aug. 9 fatal shooting of Michael Brown said they were not familiar with Williams. **THE ASSOCIATED PRESS**

### Hockey

#### Abusive parents to face stiffer penalties

Hockey parents in Canada who swear or yell at coaches, referees and players during their kids' games will get stiffer penalties next season by a B.C. association that is taking aim at "rink rage."

Jim Humphrey, president of the Vancouver Island asso-

ciation, said he received widespread support after eight parents were given a one-game suspension for abusing referees. Five more parents had to sit out the next game for repeat offences. In the fall, parents who continue their "overzealous" behaviour after being banned from games will have their children cut from the team, Humphrey said.

**THE CANADIAN PRESS**

### Britain

#### Alleged would-be militants sent back

Three male teens from Britain who reached Turkey before being deported to the U.K. and arrested are believed to be the latest examples of a worrying trend — the rising number of young Britons seeking to travel to Syria to join

extremists there.

The three suspects were being questioned at a central London police station after their alleged bid to get to Syria.

British police said the three males, two 17-year-old boys and a 19-year-old man, have been arrested on suspicion of planning terrorist acts. They haven't been charged and their names haven't been released. **THE ASSOCIATED PRESS**

### Brazil

#### Death toll in bus crash rises

The Brazilian government raised the death toll of a bus accident to 54 while police continued their search for more victims Sunday.

The bus plunged 1,300 feet down a mountain near the city of Joinville on Saturday. **THE ASSOCIATED PRESS**

### Lebanon

#### Four years of Syrian uprising

Anti-Syrian-government protesters demonstrated Sunday at the Martyrs' Square in downtown Beirut, Lebanon, marking the fourth anniversary of the Syrian uprising. More than 3.8 million Syrians have fled Syria. **THE ASSOCIATED PRESS**

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## China. Premier promises to keep reducing red tape

Premier Li Keqiang expressed determination Sunday to press ahead with reforms meant to reduce the government's role in the Chinese economy in hopes of spurring growth — despite what he acknowledged would be pain for “vested interests” that benefit from regulation.

“This is not nail-clipping. This is like taking a knife to one's own flesh,” Li said after the close of China's annual legislature in Beijing.

During his only news conference of the year, the premier repeated pledges to reduce requirements for government approval of new businesses.

At this year's session of the National People's Congress, the government lowered the official economic growth to 7 per cent from last year's 7.5 per cent and promised to maintain employment levels, fight corruption and curb pollution. **THE ASSOCIATED PRESS**

### Heart health

## Experimental cholesterol drug shows promise

New research boosts hope that a highly anticipated, experimental class of cholesterol drugs can greatly lower the risk for heart attacks and other heart-related problems.

Studies presented Sunday at a cardiology conference in San Diego suggest

that people taking one of these drugs had half the risk of dying or suffering a heart problem. Side effects, especially whether they can harm thinking and memory, remain a question.

One of the drugs is being developed by Amgen Inc. and the other by Regeneron Pharmaceuticals and Sanofi. The Food and Drug Administration will decide this summer whether to allow them on the market.

**THE ASSOCIATED PRESS**

# Pipeline network expands as Keystone fight drags on

**Oil industry.** Network has increased by a quarter over the last decade, and new capacity now dwarfs the Keystone project

In a far corner of North Dakota, just a few hundred kilometres from the proposed path of the Keystone XL pipeline, 84,000 barrels of crude oil per day recently began flowing through a new line that connects the state's sprawling oil fields to an oil hub in Wyoming.

In West Texas, engineers activated a new pipeline that cuts diagonally across the state to deliver crude from the oil-rich Permian Basin to refineries near Houston. And in a string of towns in Kansas, Iowa and South Dakota, local government officials are scrutinizing the path of pipeline extensions that would pass

nearby.

While the Keystone project awaits a final decision, scenes like these are unfolding almost every week in lesser-known developments that have quietly added more than 18,600 kilometres of pipeline to the nation's domestic oil network.

About 3.3 million barrels per day of capacity have been added since 2012 alone — five times more oil than the Canada-to-Texas Keystone line could carry if it's ever built.

The pipeline build-out provides a little-noticed counterpoint to the fierce political battle being waged over the 1,900-kilometre TransCanada project, which is still in limbo seven years after it was proposed. During the long wait for Keystone, the petroleum industry has pushed relentlessly everywhere else to get oil to market more efficiently, and its adversaries have been unable to stop other major pipelines. **THE ASSOCIATED PRESS**



Paul Stolen, a retired state biologist now working with groups opposing an Enbridge project in Minnesota, says he thinks the number of pipeline projects will only multiply. MINNEAPOLIS STAR-TRIBUNE/THE ASSOCIATED PRESS FILE

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## VOICES

## GROCERIES NEED NOT BE SCARCE

It is entirely within the power of Winnipeg's mayor and council to use incentives to bring grocery stores to the city's food deserts — like neighbourhoods in the north and west ends



**INSIDE THE PERIMETER**  
Shannon VanRaes

So you want to bring home the bacon, do you? Or chickpeas, or lentils, or goat, whatever it is that tempts your taste buds and keeps you going strong.

Well, if you live in any of Winnipeg's core neighbourhoods, that's going to be a challenge — a big challenge. Especially if you're trying to bring it all home on foot.

While there are plenty of grassroots organizations fighting to improve food security and make the world a more equitable and less hungry place, the bottom line is that food deserts — such as those in Winnipeg's north and west ends — exist because governments *allow* them to exist.

Last week the NorWest Co-op Community Food Centre opened its doors in the Inkster

neighbourhood. It's only the fifth of its kind in Canada and will offer free, healthy, lunches three days a week. It will also promote healthy eating through more than a dozen classes, while fostering community. All of these are admirable goals that will have a hugely positive impact on the lives of people in that neighbourhood.

But all the community gardens and collective kitchens in the world won't give people the two things they really need: some place to buy food, and money to buy it with.

Better education about food and nutrition is important, but it won't make it easier for someone who lives on Burrows Avenue to buy carrots in January.

There are people who can make that happen. Leaving aside issues of poverty for a moment, it is entirely within the power of Winnipeg's mayor and council to use incentives to bring grocery stores into neighbourhoods like Inkster, or Centennial, Brooklands, William

Whyte — or the Exchange District, for that matter.

In fact, in 2013, city councillors Ross Eadie and Jenny Gerbasi asked the executive policy committee to investigate the possibility of using incentives to bring grocery stores into areas of the city that lack them, but the idea was shot down.

Governments at all levels seem willing to give small amounts of cash to announcement-generating initiatives — but, when it comes to bold strategies to bring food where it's most needed, they're all too happy to offload the responsibility onto non-profits and hope for the best.

The same can't be said for condo developments and professional sports. In 2014, city council agreed to give Waterfront condo buyers a \$10,000 incentive (before public outrage made them change their minds) and government seemed able to spend millions to shore

up Investors Group Field.

However, there are indications attitudes may be shifting. Food policies were debated heavily during last fall's municipal election and Mayor Brian Bowman promised an annual, public address on the state of food security in Winnipeg. He's also promised to create 1,000 community gardens by the end of his term and establish a food policy council.

Right now, non-profit organizations like the NorWest Co-op are doing great work, but they're doing it because government has allowed holes in our social safety net to grow. I, for one, am hungry for change.

*Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.*

## Your Winnipeg



## Double the dinos

Suzy, right, joins Bruce, left, at the Canadian Fossil Discovery Centre in Morden on the weekend. The fossil, originally discovered in 1977 only a few kilometres from where Bruce was found a few years ago, now helps make up the new Mosasaur exhibit at the CFDC. Suzy is nine metres long, while Bruce is a spectacular and record-breaking 13 metres. **COURTESY OF CFDC**

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## Upcoming

## Budget feedback at special EPC meeting

Mayor Brian Bowman called on Winnipeggers to give their feedback on the 2015 budget and they've responded.

"I would encourage all Winnipeggers to review these budget documents. I would encourage them to let their voice be heard about what they like and what they don't like in this budget," Bowman said on March 3 after the budget was tabled.

As of Sunday afternoon, there were two dozen delegations listed to speak during a special executive policy committee meeting set to tackle the 2015 operating and capital budgets Tuesday morning.

Among those scheduled to speak are familiar faces to city hall, such as former Coun. Harvey Smith, ex-mayoral candidate David Sanders, Mike Davidson of CUPE Local 500 and Mark Cohoe of Bike Winnipeg.

But there are also representatives of groups that aren't regulars, such as Save Our Seine, Mediation Services, the Social Planning Council of Winnipeg and Variety, the Children's Charity of Manitoba.

The 2015 budget — \$994 million in operating and \$560 million in capital — sees a property tax increase of 2.3 per cent, which amounts to \$37 more in property taxes for the average home assessed at \$262,780 in Winnipeg, excluding school taxes.

It also sees a jump in the frontage levy, \$4.35 from \$3.75 per frontage foot, which is causing controversy because critics view it as a hidden tax and a broken promise by Bowman to keep any tax increase to inflation. **METRO**



## Arkells do swell

Hamilton favourites Arkells won group of the year as well as rock album of the year.



## Bliss for Alanis

Artist Alanis Morissette received her achievement from the Canadian Music Hall of Fame.



## Weeknd double

Toronto alt-R&B paramour The Weeknd won artist of the year, as well as R&B/soul recording of the year for his hit, Often.



## Junos highlights.

Kiesza, Weeknd, Arkells win multiple awards, but legend Morissette steals show

Besides legend Alanis Morissette, who was this year's top winner at the Junos?

There was the absent Leonard Cohen, Montreal's bard of blackness whose gold-certified Popular Problems took the evening's top prize for album of the year, thus giving him six career Junos and continuing his unlikely late-career creative renaissance.

Or perhaps the year's crown jewel was Calgary's Kiesza, winner of her first three career Junos after her irrepressible one-take, Brooklyn-shot video for Hideaway — a throaty ode to '90s house — catapulted her to unlikely worldwide success.

Before she claimed her award for breakthrough artist of the year, she even took a moment seemingly offering support to 16-year-old fellow nominee Shawn Mendes (backstage, she called him "such a sweet-heart" and testified that he was a deserving winner: "That kid did it all on his own.")

"I'm shaking. I'm a little nervous," she said as she accepted her award. "Thank you to all my fans ... thank you for all the support this past year."

The Junos also proved to be believers in Magic!, the evening's leading nominees whose reggae-red-



Kiesza took a gentle turn at the piano before exploding into the fleet-footed fury of Hideaway at the Junos. THE CANADIAN PRESS

olent smash Rude landed the Toronto quartet awards for single of the year and breakthrough group of the year.

They performed the song, too — married as it was to new single No Way No — and frontman Nasri Atweh was air-conditioner breezy both while singing and speechifying.

Magic! and Kiesza weren't the only Juno newcomers to make their presence felt.

Although Toronto's the Weeknd (the moniker for master of grim seduction Abel Tesfaye) had won two awards in prior years, he performed for the first time — crooning his pitch-black 50 Shades of Grey tune Earned It on a dimly

lit stage, illuminated by sparse light bulbs — and claimed the biggest Juno of his career for artist of the year, in addition to R&B/soul recording of the year.

The typically publicity-averse 25-year-old allowed his speaking voice a rare cameo when he accepted the show-closing award. "Um, I'd like to thank the Junos, of course," he said. "I want to thank Canada, man, thank you guys. I wouldn't be here without you. Thank you."

And in performances, Mendes put in a winsome acoustic performance of Life of the Party, electro-pop

songwriter Lights teamed with Sam Roberts to flash through her Up We Go and his We're All In This Together and mega-popular dance producer Deadmau5 and Colleen D'Agostino powered through a funky, laser-focused (and enhanced) See ya.

THE CANADIAN PRESS

Inuk throat singer Tanya Tagaq procured her first Juno for Aboriginal album of the year for "Animism," which also won the Polaris Music Prize. THE CANADIAN PRESS

# 2 SCENE







## Gossip

NED EHRBAR  
METRO'S TAKE ON  
THE WORLD OF  
CELEBRITIES

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents, and certain big names are none too happy about it.

"We oppose gay adoptions. The only family is the traditional one. No chemical offspring and rented uterus: life has a natural flow, there are things that should not be changed," Gabbana declared during an interview with



Italy's Panorama magazine. Dolce had some choice words as well: "You are born to a mother and a father — or at least that's how it should be," he added. "I call children of chemistry synthetic children. Uteri (for) rent, semen chosen from a catalogue."

Needless to say, Elton John was not pleased. John's two children were conceived by in vitro fertilization. "How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram. "Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever again."

Courtney Love chimed in as well, posting that she wants to burn all her Dolce and Gabbana goods. "I'm just beyond words and emotions," she tweeted.

Gabbana said in a state-



Stefano Gabbana (left) and Domenico Dolce are in hot water over remarks they made to an Italian magazine last week about gay adoptions and in vitro fertilization. ALL PHOTOS GETTY IMAGES

ment Sunday that "it was never our intention to judge other people's choices." Dolce

says he was expressing his view about family based on his experience, and that he is

aware that other types of families are just as legitimate. **WITH FILES FROM THE ASSOCIATED PRESS**

## Biebs has feelings, too

Justin Bieber really wants you to like him again. After being the butt of the joke for hours during the taping of his Comedy Central roast, the 21-year-old Canadian singer gave a contrition speech.

"I turned a lot of people off over the past few years, but I know I can still turn out good music and turn everything all around," said Bieber, whose music has been overshadowed by his offstage antics, which include reckless driving, public urination and throwing eggs at a neighbour's home.

"I've lost some of my best



qualities. For that, I am sorry," he said. "I'm looking forward to being someone who you guys can all look at and be proud of."

It was a sweet ending to a night of sharp barbs aimed as much at Bieber as the rest of the roasters. Hosted by Kevin Hart, the Comedy Central Roast of Justin Bieber, taped Saturday at Sony Studios, also features Snoop Dogg, Shaquille O'Neal, Martha Stewart and Ludacris. It's set to premiere March 30.

"This is like suicide. Why would you do it?" Hart asked the singer, whom he described as a "huge success that confuses everybody over 14."

THE ASSOCIATED PRESS

## Miley and Patrick's love is infectious

Miley Cyrus' relationship with Patrick Schwarzenegger is getting "very serious," sources say, and as luck would have it his sister, Katherine Schwarzenegger, is totally on board with that idea.

"I think they're adorable," Katherine tells Extra. "If my brother's happy,

I'm happy and that's all that matters to me. You just want your sibling to be happy, if they're with someone who makes them happy and in a happy healthy relationship then I'm happy."

Man, she really likes the word happy.



## Heather Mills thinks she's bigger than Paul

Heather Mills insisted when she appeared on the Late Late Show that she didn't want to talk about ex-husband Paul McCartney, but she's got a funny way of showing it.

"This is just someone I fell in love with who to me was a normal guy that happened to write a few cool songs in the '60s and a few in the '70s," she says. "Like everyone that's a partner, you fall in love, you get married, you sometimes go, 'Oh my God, this is completely wrong' and you wake up and move on. I once divorced some-

body that I once loved, and then I was abused for it."

Oh, and by the way, she's way more popular with the kids these days than McCartney, so there: "When I go down the street, it's 'Oh my God, you're a ski-racer' or 'You help the animals.' You know, I own the biggest vegan company in the world," she boasts. "If I go down the street, all I get is kids coming up to me. Half of them don't even know who he is. That's why he's got to do songs with Rihanna and Kanye West, so people remember."



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# Bargain shopping gone berserk

**A good deal?** Sale shopping can be a good cover for the compulsive spending that's draining your bank account



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

Who doesn't love a good sale? But when bargain hunting, coupon clipping, or mastering the deal becomes the objective, you and your budget are likely headed for big trouble. If you catch yourself saying, "But it was such a deal!" it's time to think twice.

If you're spending money you don't have — if you're putting it on credit and not paying it off in full by the end of the month — it's not a deal. If you're buying something you don't need, it's not a deal. If it takes you three weeks, three months, or never to put what you bought to use, it's not a deal.

A deal is buying the snowsuit your child is going to wear next winter on sale at the end of this winter at 70 per cent off. A deal is picking up a new book you know your sister is dying to read — for half price. A deal is getting something you really need or want at a significant saving, and being able to pay for it in cash.

Shopping for bargains has become a social disease. So how do you know if you've been bitten? Here are three clues:

**Your home is jammed to the rafters with stuff.**

Chronic bargain shopping is often unconscious spending, so you may not even know you're doing it. Take a look



All those shopping bags might be weighing you down in more ways than you realize. iStock

around. How much of the stuff you bought is sitting unused?

**Your favourite phrase is "It was on sale?"**

All of us fall prey to impulse shopping from time to time. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so, even with a whopping salary, they're a centimetre away from destitution.

**Acquiring something new makes you feel happy.**

As counterintuitive as it may seem, some people become chronic bargain shoppers out of a fear of poverty. It can be a self-esteem thing, too. If you have to have the latest fashions and accessories to feel you're admired, your self-esteem issues are showing.

People who can't pass up a good sale even if it's on something they don't want, need, or even particularly like aren't smart bargain buyers, they're

compulsive shoppers. Scoring deals helps them to ease their insecurities and feel more competent and in control. And they rationalize their purchases as something good they are doing for themselves or their families.

A study by Norwich Union Insurance in Britain in late 2007 showed that 17 per cent of Brits spent more than planned because they couldn't resist a bargain, and almost a quarter of them could justify buying more because of a low price tag. In fact, nearly a third

**Are you a bargain junkie?**

Do you...

- Hit sale and clearance racks when you're feeling sad or mad?
- Spend more than you can afford?
- See sales as opportunities you just can't pass up?
- Walk out of stores with things you hadn't expected to buy?
- Routinely forget what you bought and find things in your closet with the tags still on?

got such a buzz bargain shopping that they were always on the look out for the next hit.

The next time you find yourself sidling up to the cash register with a bargain in hand, ask yourself:

- Do I need it?
- How will I pay for it?
- What will I do with it?
- What would happen if I waited?

Better yet, get yourself a small notebook and promise you'll never again shop without a list. In this notebook, keep a list of the things you need and want. If you find a bargain, look at your list to see where that item is. If it's at or near the top of your list in terms of priority, and you have the cash on hand, buy. If not, walk away.

You'll accomplish a whole bunch of things with a list book. You'll keep yourself on track, looking only at things you know you need or want, and you'll prioritize your spending.

3  
TIPS

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# Don't just follow the leader, become the leader

**Career building.** If you plan on moving up the ladder, you need to be proactive and take risks

LAKSHMI GANDHI  
Metro in New York City

Read any career book or blog, and there will likely be a section on the importance of developing your leadership skills in order to move ahead in your career. What's often less clear (especially to younger workers) is how to best go about doing that. "Rather than just saying something like, 'My job as a receptionist is just to let people through,' you should be using your job as a platform and take more things on," says Herminia Ibarra, the author of *Act Like a Leader, Think Like a Leader* and an expert on leadership development.

"That's how you move up," Ibarra offers this advice for employees planning their next move:

#### Take risks

Oftentimes, Ibarra says, em-



Volunteering to present at a conference is a great way to broaden your network. ISTOCK

ployees are hesitant about mixing things up when they are in charge of a project because of a fear of inauthenticity.

"When you are in an unfamiliar role, you don't know what you want to be like," she notes. "Taking more of a

take-charge attitude and doing things like working your network and selling ideas almost seems like a violation of who you are."

Ibarra urges fledgling leaders to put those hesitations aside.

"Whatever image you have in your mind of a leader is a caricature," she says.

"You can say, 'I don't want to be that person, but I am going to make a commitment to explore outside my comfort zone.'"

#### Expand your horizons

In addition to branching out within your company, Ibarra urges workers to lean on their networks.

"Say you think you should become a better speaker or a better networker," she says.

#### Quoted

**"Get involved in extra-curricular activities and industry associations and go to conferences that let you see the big picture."**

Herminia Ibarra, author of *Act Like a Leader, Think Like a Leader*

"If these are things that don't come naturally to you, what I would do is find two or three role models — people you like or respect — and pull out one or two things that they do well and see if you can try that out yourself."

#### Do more than your job description

One trap that many people fall into, says Ibarra, is that they feel restricted by their jobs.

"Try to see if you can expand the boundaries of your job," she urges. "Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture."



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#### Advice

### Don't be Oliver Twist when it comes to your pay



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

**Dear Metro,** I've been at my job for three years and am still making the same salary as when I started. I really want to ask for a raise at my upcoming performance review, but there's one problem: I'm a wuss! The thought of requesting more money makes me very uncomfortable. How can I get over my anxiety, and get more cash? — Please, Sir, I Want Some More

Dear PSIWSM, Although your pseudonym is cute, performance meetings are no time to channel malnourished Dickensian orphans. When asking for a bump to your pay stub, ditch timidity for tenacity. To build your confidence — and your case for more coin — review your concrete achievements from the past three years. What assets have you brought



If faced with gossip, go for the source and confront it head-on. ISTOCK

to your company and why are you great at your job? Jot down your accomplishments and prepare an assured-but-appreciative argument. Knowing your spiel won't just settle your nerves — it will also make your claim more persuasive. Making an appeal for a salary increase may feel uncharacteristically haughty. But if a pay hike is merited, asking for one isn't arrogant.

**Dear Metro,** My office is pretty gossipy, but I try to stay out of the drama. However, it recently came to my attention that someone has been bad-mouthing the quality of my work. I really don't want to get involved in some immature spat, but I also want to set the record straight. What's better: ignoring my enemies or fighting them off? — Your Words, They Hurt

Dear YWTH, Base your reaction on the vigour of this rumour. Forgettable by Friday? Just forget about it. But if you're colleague's psst-pssting might weaken your professional reputation, consider a calm but direct response. Go for the source. Ask your scandal-spewing colleague for a coffee, then ask for an explanation. This isn't a confrontation: Keep your comments reasonable and your tone relaxed. Be upfront about your feelings, but avoid getting passive-aggressive. In short: Don't give them anything new to gossip about. The most effective way to downplay performance-related gossip is to perform effectively. Don't let behind-your-back grumblings distract you from your tasks. Stay focused, and no one will speak ill of your work — because it will speak for itself.



# Find inspiration in flavours of Thailand

**Dinner.** Flank Steak with Thai Sauce employs staples such as coconut milk and ginger



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## FLASH FOOD



From your fridge  
to your table in  
30 minutes or less

Flank steak is one of the leanest cuts of meat you can eat and is absolutely delicious. I love it as a main course dinner for the family and especially for entertaining hard-to-please guests.

You can always substitute another lean steak such as top sirloin, New York strip or tenderloin.

Leftovers are great to eat at room temperature or as

filling for sandwiches.

If you have time, a flank steak can be marinated for a couple of hours or overnight for a more tender result.

Light coconut milk is a fresh addition to this recipe and one quarter of a cup has only 40 calories and four grams of fat. Compare this to regular coconut milk, which has 136 calories and 14 grams of fat!

## Directions

**1.** To make the sauce: In a large bowl, combine the coconut milk, lime juice, sugar, fish sauce, garlic, ginger, chili sauce and cornstarch.

**2.** In a nonstick skillet sprayed with vegetable spray, heat the oil over medium-high heat. Cook the onion for 5 to 8 minutes until lightly browned. Add bell peppers and sauté for 5 minutes. Set aside.

**3.** In grill pan or barbecue sprayed with vegetable spray and preheated to high, grill the steak for about 5 minutes per side for medium-rare or just until done to

## Ingredients

### Thai sauce

- 1 cup light coconut milk
- 1/4 cup freshly squeezed lime or lemon juice
- 3 tbsp brown sugar, packed
- 2 tbsp fish or oyster sauce
- 1 1/2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp hot Asian chili sauce
- 2 tsp cornstarch

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 cups sliced red bell peppers

- 1 1/2 lb flank steak

### Garnish

- 1/3 cup chopped cilantro or parsley


your preference.

**4.** Add the sauce to the vegetables and simmer for 5 minutes, until slightly thickened. Slice the steak against the grain and serve with the sauce. Garnish with cilantro.


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This recipe serves six. ROSE REISMAN



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# A win and a loss vs. Scotland, Sweden

**Curling.** Canadian women's rink in fourth place overall behind China, Russia and Switzerland

Canada's Jennifer Jones was happy to gain a split of her games Sunday at the world women's curling championship.

The Olympic champion earned a 9-4 win over Scotland before dropping an 8-6 decision to Sweden. That left Jones with a 2-1 record, standing fourth in the overall standings behind unbeaten China, Russia and Switzerland (all 3-0).

"To be honest, we had a really tough day, so to split the day, we have to be happy with that," said Jones. "We just didn't play as well as we would've liked (against Sweden), which was unfortunate."

Jones couldn't have started better against Sweden, taking three in the first end. But the Swedes countered with two in the second before stealing one in the third.

Sweden then scored three in the eighth for a 7-5 advantage.

"After the first end, we played a really good game," said Swedish skip Margaretha Sigfridsson. "There were some tough ends, but we managed to keep our rocks in good places and we played really well during the game."

"We'll take confidence from this."

Jones beat Sigfridsson to win gold at the Sochi Winter Games last year.



Canada skip Jennifer Jones, centre, releases the rock as the team plays Finland during the first end in the women's World Curling Championships in Sapporo, northern Japan, Saturday. RYOSUKE UEMATSU/KYODO NEWS, THE ASSOCIATED PRESS

"I thought we controlled the first part of the game," Jones said. "But we had a chance to get another big end in the third and we kind of botched that a little bit and ended up giving up a steal. I think that turned the game around a little bit."

Canadian second Jill Officer fell twice while sweeping in the fifth end, the first time landing heavily on her right leg.

"Right now, I don't feel anything," she said. "I suspect (Monday) it could be a different story."

Against Scotland, Jones led 5-2 by the fifth end and sealed the lopsided affair with two more in the seventh and another two in the eighth and

final end. The Scots, skipped by 2013 world champion Eve Muirhead, managed just one in the third, another in the fourth and two in the sixth.

"We made really precision draws in the first end, and that started us off well and gave us some confidence," Jones said.

Jones beat Finland 9-6 in her opening game Saturday. Canada returns to the ice Monday to face China and Russia.

"We knew we would have to be strong from start to finish (Sunday), and I think we just let it slip away," said Officer. "We just have to regroup."

"We had a really good game against Scotland earlier, and there were a lot of positives we

could take away from this game as well."

Jones' team is trying to become the first reigning Olympic champion to win both the Canadian and world championships the following season.

A Canadian team hasn't won gold at the women's world event since Jones did so in '08. Jones, a five-time national champion, made her world championship debut in 2005 and won a silver medal in 2010.

Canada leads all countries with 15 gold medals and 31 podium appearances at the world championship since 1979. Sweden is next with eight gold and 23 total medals.

THE CANADIAN PRESS

## MLB spring training

### Split Jays squad squashes Juniors

R.A. Dickey gave up two runs in five innings, Russell Martin drove in a run and a Toronto Blue Jays split squad routed the Canadian junior national team 17-3 on Sunday.

Making his third start of the spring, Dickey yielded four hits, walked one and struck out one on 70 pitches.

THE ASSOCIATED PRESS

## NBA

### Westbrook leads OKC over Bulls

Russell Westbrook had 36 points and 11 rebounds as the Oklahoma City Thunder held off the Chicago Bulls 109-100 on Sunday afternoon.

For only the third time in the Thunder's last nine games, Westbrook didn't record a triple-double, largely because his teammates weren't shooting well early and Westbrook took over as the team's primary offensive option late. THE ASSOCIATED PRESS

## Snowcross

### Maltais takes World Cup gold

Canadian Dominique Maltais captured a women's World Cup snowcross event Sunday, while Kevin Hill finished third in the men's event.

Maltais, the Olympic silver medalist from Petite Riviere-St-Francois, Que., won her qualifying round before emerging victorious in the big final. It was the 15th victory of Maltais' career. THE ASSOCIATED PRESS

# Detroit back in form with Pittsburgh rout



Pittsburgh Penguins goalie Marc-Andre Fleury, left, skates off the ice as Thomas Greiss skates on during the second period against the Detroit Red Wings in Pittsburgh on Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

With mid-March malaise threatening to become something more ominous, the Detroit Red Wings figured it was time to clear the air before facing Pittsburgh on Sunday.

"We just said, 'Enough is enough,'" forward Henrik Zetterberg said. "We've got to go out and play, got to enjoy playing, first of all. It was almost like everyone was a little afraid out there and not embracing it. Today it was a lot better."

Certainly looked like it. Zetterberg had a goal and

On Sunday	
5	1
RED WINGS	PENGUINS

an assist, Teemu Pulkkinen scored twice for the first multi-goal game of his career and the Red Wings had little trouble in a 5-1 win.

Barely 24 hours removed

from a 7-2 whipping in Philadelphia, the Red Wings righted themselves on the other side of Pennsylvania. Marek Zidlicky added a goal and two assists, and Riley Sheahan also scored for Detroit. Petr Mrazek made 42 saves for his first win in over a month.

"We needed this one," Pulkkinen said. "We were talking after the game yesterday that we can't play like that."

Detroit came in 1-4 in its last five games and was barely competitive against the Flyers.

THE ASSOCIATED PRESS



## AUGMENTED REALITY



**Stuck on 12 Across?**  
**Scan this image with your  
Metro News app for today's  
crossword and Sudoku answers.**  
**It's OK. No one's watching.**

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

Do something meaningful this week. Whatever it is, do it with others rather than on your own. As a group you may, in some small way, change the world.

#### ♉ Taurus

**April 21 - May 21**

You may be eager to push ahead with a project you know will be a success but the planets warn the timing is not right. Wait until Friday's solar eclipse.

#### ♊ Gemini

**May 22 - June 21**

Leave yourself plenty of time to reach your destination. Some days you can leave everything to the last minute, but today you have got to be organized.

#### ♋ Cancer

**June 22 - July 23**

It is possible you could come into money this week but it is also possible that you will lose money. Jupiter, planet of luck but also extravagance, warns you need to stay on top of the wasteful side of your nature.

#### ♌ Leo

**July 24 - Aug. 23**

Something will happen today that is a challenge and opportunity. While the challenge may come from the outside it is the way you react to it on the inside that makes it an opportunity.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

Stay calm, be patient and don't try to force the pace. Accept that, where work is concerned, you have no choice but to wait while others catch up.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Make sure you know what you are getting into today because if you let others take charge and decide what you will be doing you could end up in a place you don't really want to go.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

What is simple to you may be complicated to someone else, so don't get uptight if they can't grasp it. Patience may not be one of your virtues but you will need plenty of it today.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Nothing in your life is so urgent that it must be done right this moment and if anyone tells you otherwise they are not to be trusted. Bide your time and let others make the first move.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Why do some people get hysterical over minor matters? Whatever the reason it's unlikely they are going to change, so make allowances.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

You feel confident but don't go too far and say or do something that risks making an enemy of people who are way beyond you in the power stakes.

#### ♓ Pisces

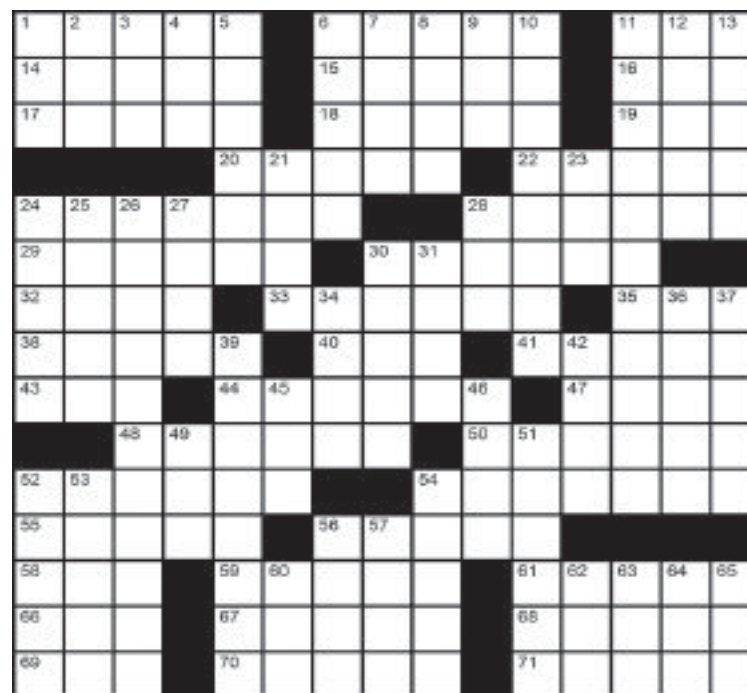
**Feb. 20 - March 20**

Don't cut corners and hope no one notices. They will. You may be falling behind and need to catch up but there is a right way and a wrong way to do it.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Warning signal
6. Saskatchewan town south of Prince Albert
11. Scottish hat
14. Time lag
15. Garlic sauce
16. Folk classic: "\_\_\_ Had a Hammer"
17. The Police leader
18. Comedian Nick with a self-titled sketch show
19. Habs, on scoreboards
20. "An \_\_\_ Husband" (1999)
22. Can's ingredients spot
24. Likes
28. BC: \_\_\_ Lagoon Park, in Nanaimo
29. Chicken Soup link
30. Sweater sort
32. Unfeigned
33. Earlier match or round, short-style
35. "WiLD4TheNight (EgoLand)" Canadian rapper
38. De-sud
40. Frying need
41. \_\_\_ kebab
43. Founded, for short
44. "Goodness.": 2 wds.
47. 'Within'-meaning prefix
48. More sore
50. Thermal \_\_\_ (Hot/cold spot detector)
52. Ancient death



#### Down

54. Sherry \_\_\_, Canadian entrepreneur/philanthropist
55. WWII-era model
56. Panache
58. WSW's opposite
59. Arctic = \_\_\_ region
61. Baseball base
66. Edinburgh 'uh-uh'
67. Overturn
68. Workshop

#### machine

69. Gent's honorific
70. Grooms-to-be events
71. Fund

#### Down

1. Classified listings, e.g.
2. Permit
3. Will Smith flick
4. Operated

5. "\_\_\_ (Gone Gone Gone)" by Chilliwack
6. Exclaims "Rise and shine!"
7. Broadcast, \_\_\_ show
8. \_\_\_ Aid (Flavoured drink)
9. mEntire
10. As per #11-Down... \_\_\_ Lake, BC (Headquarters of

- Pioneer Log Homes)
11. HGTV's log cabins show: 2 wds.
12. Later
13. Paper factories
21. Heavy, as emotion
23. Prefix to 'culture' (Beekeeping)
24. Cavern
25. Ms. Day
26. Rocky \_\_\_

- (Western Canada scenic train journey provider)
27. Chemical suffixes
28. Fraternity letter
30. Johanna \_\_\_ (Opera soprano)
31. Seasoned stew, \_\_\_ podrida
34. Drove
36. Prefix with 'arthritis'
37. Cut
39. Dawn horse
42. Cabbage unit
45. Hellos
46. Rihanna's nickname
49. French vineyard
51. \_\_\_ Beach, South Carolina
52. Debuts, as a musical
53. \_\_\_ Peninsula, in Egypt
54. Poets
56. \_\_\_ collar
57. CBC News program, "The Exchange with Amanda \_\_\_"
60. Decide
62. Harrison's "Star Wars" (1977) role
63. "\_\_\_ be my pleasure."
64. Pi's follower
65. Mother Nature's coat

### Yesterday's Crossword



### Online

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)



### Conceptis Sudoku by Dave Green

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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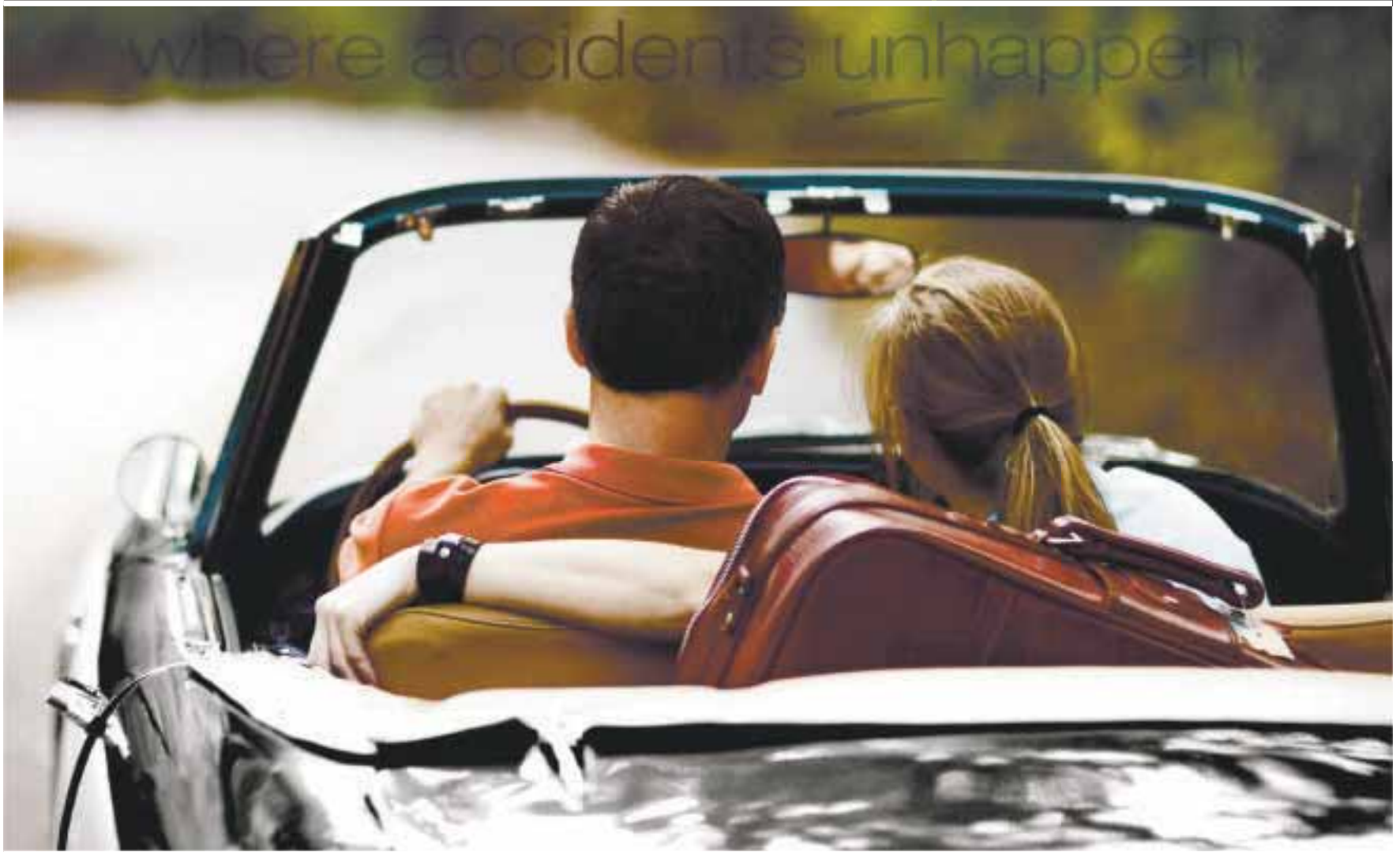
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